

Read It!

**Read the Times-Dispatch and
Order It Now.**

and coffee were no better, for I found it
 toast very constipating. "A friend persuaded me to quit coffee
 and the archaic breakfast foods, and to
 Postum and Grape-Nuts instead. I shall
 never regret taking his advice.
 "The change they have worked in me
 is wonderful. I now have no more of the
 distressing sensations in my stomach after
 eating, and I never have any headache
 I have gained 12 pounds in weight, and
 feel better in every way. Grape-Nuts
 are as delicious as well as a nutritious
 dish, and what Postum is easily dig-
 ested and never produces dyspepsia
 symptoms."
 Name given by Postum Co., Bat-
 Creek, Mich.
 Get the little book, "The Road to Wel-
 fare," in pkgs. "There's a Reason."
 Ever read the above letter? A new
 one appears from time to time. The